

NEWINGTON PARKS AND RECREATION

"Creating Community through People, Parks & Programs"



Youth, Adult & Senior Programs * Summer Playgrounds * Special Events * Fitness Classes *



Summer Aquatic Programs



Youth Sports Camps



Extravaganza



Preschool

Registration Begins May 20th* for residents & June 3rd for non-residents.

**Register NOW for Summer Playgrounds - No need to wait!*

Please see page 24 (back cover) for new registration information.

Register early! Many of our classes fill quickly!

Newington Parks and Recreation * 131 Cedar Street * Phone (860)665-8666 * Fax (860)665-8739 * www.NewingtonCT.gov



Newington Parks & Recreation Registration Form

131 Cedar St. Newington, CT 06111 Phone: 860-665-8666 Fax: 860-665-8739

www.NewingtonCT.gov

PRIMARY HOUSEHOLD CONTACT INFORMATION

First Name _____ Middle Initial _____ Last Name _____

Street Address _____ Apt./Box # _____ City _____ State _____ Zip _____

[] Check if new address Home Phone (_____) _____ Work Phone (_____) _____

Cell Phone (_____) _____ Email Address _____

Emergency Contact _____ Relationship _____ Phone (_____) _____

If there are any medical concerns, allergies or special needs that we should be aware of, please list here: _____

_____ Supplemental medical forms are available online or in our office.

PROGRAM INFORMATION

One registration form can be used for more than one person in the same household.

First and Last Name	M/F	DOB	Program ID #	Program Name	Fee	Alternate ID#

PLEASE READ CAREFULLY AND SIGN BELOW

Assumption of Liability: Participation in the activity may involve risk or injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Newington, its employees, contracted instructors, and volunteers from the liabilities which may occur while participating in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Newington does not provide accident/medical insurance for the program participants. In addition, I give permission for the participant to be treated by qualified medical personnel in the event that the above named parent/guardian/emergency contact cannot be reached at the phone numbers provided. The Parks and Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Parks and Recreation use only and may be used in future catalogs, website, brochures, pamphlets, and/or flyers.

ADULT SIGNATURE: _____ DATE: _____

Please note that there is a \$10 minimum for all credit card transactions.

TOTAL FEES: \$ _____

“ROUND UP” For Youth Recreation *Rounding up your program fee helps provide financial assistance for those unable to afford the program fees for youth activities.*



+ _____

Circle Method of Payment: Cash Check Credit Card

TOTAL AMOUNT: \$ _____

CREDIT CARD #: _____ **Security Code** _____ **EXP. DATE** _____ / _____

(Found on back of card)

Circle type of card: VISA MASTERCARD DISCOVER

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people try to register after a program has been cancelled and if they had registered earlier, the program would have run.

All of our programs require a high level of organization, often including facility scheduling, staffing and purchasing of supplies.

So, if there's a program that you or your child are interested in...

Please Register Early!

Check out page 6 for our Summer Concert Series!



Our Summer Concert Series is made possible by the generous support of Data-Mail, Inc. Please see page 6 for the Summer Concert Series schedule. We're excited to offer a variety of music the whole family will enjoy this year!

Frequently Requested Phone Numbers

Basketball - Travel & Youth	(860) 665-8666
Blackhawks Wrestling	(860) 667-4752
Board of Education	(860) 667-2000
Cheerleading - Youth	(860) 667-4101
Football - Youth	(860) 666-3367
Human Services Department	(860) 665-8590
Indian Hill Country Club	(860) 665-7817
Lacrosse - Youth	(860) 666-1025
Lucy Robbins Welles Library	(860) 665-8700
Newington Arena	(860) 665-7825
Newington High School	(860) 666-5611
Newington Historical Society	(860) 666-7118
Newington Little League	(860) 667-9866
Newington Swim Club	(860) 665-8208
Parks & Grounds Dept	(860) 667-5830
Parks & Recreation Dept	(860) 665-8666
Parks & Recreation Hotline	(860) 665-8686
Senior & Disabled Center	(860) 665-8778
Soccer Club of Newington	(860) 665-7203
Special Olympics Newington	(860) 665-8671

NEW Bus Trips Offered!

We're offering bus trips to many exciting places this summer. Check out pages 4 & 5 for all of our exciting trips. **We are also offering a Newington Parks and Rec exclusive trip to see the Red Sox vs. Royals at Fenway on Tuesday, July 26th.** Avoid the stress (and gas prices) of driving to Boston and paying for parking! Register today for this fun trip with your friends, neighbors and community!

Discount Tickets Available for Six Flags and Lake Compounce

Get your discount Six Flags or Lake Compounce tickets at the Parks and Recreation office! Tickets to Lake Compounce are \$27.00 per person and are valid for any day during the 2011 season. Tickets for Six Flags are \$30.00 per person and are also valid for any day during the 2011 season. Tickets are available on a first come, first served basis until Friday, August 19th or until tickets run out. Purchase early to avoid disappointment. No refunds will be given for lost, stolen or unused tickets.



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Program
Information Hotline:
860-665-8686

Facility Rentals and Reservations...

Churchill Park Picnic Reservations

The Newington Parks & Recreation Department has reserved areas at Churchill Park available for rentals. Reservations for summer bookings are still available. Picnic reservations are limited to Newington residents, families, organizations and businesses on a first-come, first-served basis. Please note we are unable to provide refunds once an area is reserved.



UPPER SITE...

\$35/day

Open space that can accommodate 40 people and includes tables and a grill.



MIDDLE PAVILION...

\$75/day

Large covered shelter that can accommodate 150 people and includes electricity, tables and a grill.



LOWER PAVILION...

\$50/day

Covered shelter that accommodates 60 people with electricity, tables and a grill.



Birthday Parties at Mill Pond Pool

Ages 3 - 15 (Newington residents only)

Birthday parties are held at Mill Pond Pool and all packages include exclusive use of the pool with swim time, two lifeguards and use of pool toys. The Mortensen Community Center Teen Center will be available in case of inclement weather. Parties must be booked in person at the Parks and Recreation office. Birthday parties fill quickly, so book early!

Times: 12:00 - 2:00 PM

Dates: Saturdays, July 2 - August 13 (No parties held on July 16)

Fee: \$160 for up to 15 children
\$5 for each additional child

Bus Trip Guidelines

- All seats sold are on a first-come, first-served basis. There are no reserved seats. Those who travel alone must share the seat beside them.
- Absolutely no refunds for trips will be given unless the registrant can find their own replacement, if we have a waiting list, or if the Parks and Recreation Department cancels the trip.
- An adult must accompany anyone under the age of 18.
- Rest stops to/from the destination are at the discretion of the Tour Director.
- We are not responsible for your return trip if you miss the bus!
- We typically use a 50-passenger coach bus. Some trips will be "shared" with other towns or businesses. Seats on these shared buses are limited, so register early!
- Detailed trip itineraries will be mailed to each registered participant a few days before the trip.
- Bus departure location details will be stated in your trip itinerary. All participants will be mailed a detailed trip itinerary a few days before the trip. Please look over the trip itinerary carefully - occasionally the departure times may change slightly from what is listed in this Program Guide.

If you do not receive your trip itinerary at least three days before your trip, please call our office at 860-665-8666.



Boston Duck Tours and Fenway Park *Saturday, June 11th, 2011*

See Boston on board the famous Duck Boats – an authentic renovated WWII amphibious landing vehicle. Tour historic Fenway Park, home of the Boston Red Sox. The Park resounds with the echoes of great players such as Ted Williams, Yaz, Carlton Fisk and Jim Rice.

Fee: \$92 per person

ID: 7789

Bus trip includes:

- Round trip motorcoach transportation
- Boston Duck Tour, leisure time for lunch at Prudential Center, Fenway Park Tour, leisure time at Quincy Market.
- Bus departs from Newington (**Specific location to be determined**) at approximately 7:30 a.m. Departs Boston at 6 p.m.



Boston Pops & Fireworks *Monday, July 4th, 2011*

If you want to celebrate Independence Day in proper patriotic style, head to Boston! Be part of the July 4th Celebration at Boston's Charles River Esplanade. The free concert featuring the Boston Pops Orchestra is followed by a huge fireworks display!

Fee: \$50 per person

ID: 7786

Bus trip includes:

- Round trip motorcoach transportation
- Boston Pops Esplanade Concert and Fireworks over the Charles River.
- Leisure time at Harborfest.
- Bus departs from Newington (**Specific location to be determined**) at approximately 1:00 p.m. Departs Boston at approximately 11:00 p.m.



Whale Watch *Saturday, July 23rd, 2011*

Go "out to sea" and experience a different world! Imagine being within feet of some of the most graceful rare mammals in the world where you can observe these creatures feeding and playing. The boat departs from Town Wharf in Plymouth, MA.

Fee: \$82 per person for adults / \$70 per child 12 & under

ID: 7787

Bus trip includes:

- Round trip motorcoach transportation
- Whale Watch on board Captain John Boats.
- Bus departs from Newington (**Specific location to be determined**) at approximately 7:30 a.m. Departs Plymouth at approximately 5:00 p.m.



Boston Red Sox vs. Kansas City Royals *Tuesday, July 26th, 2011*

Join the Parks & Recreation Department for this Tuesday night home game at Fenway Park. Maximum of 54 tickets are available - Register early!

Fee: \$90 per person

ID: 7351

Bus trip includes:

- Round trip motorcoach transportation
- Ticket to 7:05 p.m. game vs. Kansas City Royals (seats located in Field Box 87)
- Bus departs from the Newington Police Station parking lot promptly at 4:00 p.m. and departs Boston 1/2 hour after game ends.



Providence WaterFire, Local Tour & Federal Hill *Saturday, August 13th, 2011*

WaterFire's sparkling bonfires, the fragrant scent of aromatic wood smoke, the flickering firelight on the arched bridges, the torch-lit vessels traveling down the river and the enchanting music from across the world all engage the senses and emotions of those who stroll the paths and bridges of Waterplace Park. Enjoy a tour of Providence and explore Federal Hill, which offers some of the finest cuisine in the world... especially the bakeries!

Fee: \$54 per person

ID: 7788

Bus trip includes:

- Round trip motorcoach transportation
- WaterFire Providence, guided tour of Providence with a local guide, leisure time to explore Federal Hill and its many authentic cuisines.
- Bus departs from Newington (**Specific location to be determined**) at approximately 12:00 noon. Departs Providence at approximately 10:00 p.m.





Touch-a-Truck

Saturday, June 18th, 10 AM -12 Noon
Library/Town Hall Parking Lots

Held in conjunction with the Lucy Robbins Welles Library Kickoff to Summer Reading, this is a free event for the whole family! This is a hands-on event and kids young and old can touch, honk horns and climb on the vehicles we will have on display. Vehicles on display may include a Back Hoe, Fire Truck, Pay Loader, Dump Truck, Deck Mower, Police Cruiser, Medical Ambulance, Dunkin Donuts truck and more! No registration is required.



Summer Concert Series at Mill Pond Park

Sponsored by Data-Mail, Inc.

Thursdays, June 23 & 30, July 7, 21 and 28th, 6:30-8:30 PM



Newington Parks and Recreation Department presents the 2011 Summer Concert Series sponsored by Data-Mail, Inc. The concerts are held at the Mill Pond Park Gazebo. Join us for the 20th season and bring a picnic dinner, lawn chair or blanket and enjoy the music outdoors! Please check our website at www.newingtonct.gov/parksandrec for the full concert series line-up. In case of inclement weather, concerts will be held at the Senior & Disabled Center. Please call our program hotline at 860-665-8686 if the weather is inclement.

2011 Concert Schedule



Thursday, June 23rd - **Red Satin**

12 piece group "Great Music, Fantastic Vocals, Outstanding Musicians"



Thursday, June 30th, 2011 - **The Sounds of Frank**

"A musical and vocal Duo"



Thursday, July 7th, 2011 - **Ticket To Ride**

"The Complete Beatles Show"



Thursday, July 21st, 2011 - **California Dreamers**

"Family Friendly Show Recreates Music of the 60's"



Thursday, July 28th, 2011 - **Simply Swing**

"10 piece swing orchestra"



Fun Runs

Wednesdays, July 13, 20, 27, August 3, 10 and 17th, 6:30 PM
Cross Country Trails at John Wallace Middle School

These runs are a great way for the whole family to keep in shape! New this summer - two course lengths: a traditional 5k (about 3 miles) and a shorter 3k (about 2 miles) for beginners. Races are free and ribbons are awarded. Please email Race Coordinator Jay Krusell at jaykrusell@yahoo.com for more information. The races are in honor of Mr. Frank O'Rourke who was a longtime NHS Cross Country Coach. Participants under 18 must be accompanied by a parent or guardian to sign the program waiver.



Dog Days of Summer Swim

Tuesday, August 16th, 6 - 7:30 PM at Mill Pond Pool

All ages, breeds and sizes welcome! The humans get to swim all summer, so on this night, your furry friend will get his or her chance, too! Dogs must be under their owner's control at all times and a responsible individual over age 16 must accompany each dog. Bring the whole family out to give Fido a refreshing treat—a dog-only splash party in the pool! Owners are not permitted to be in the water with the dogs. Please only bring your dog if he/she is comfortable around other dogs. Fee is \$5 per dog. Owners must provide proof of dog's rabies vaccination at the door and **dogs must be wearing a current dog license from their town of residency**. All owners must bring a plastic bag and pick up after their dogs! In case of inclement weather, please call 860-665-8686.



Newington Family Pool Party

Monday, July 11th, 6:00-8:00 PM (BYO Picnic Dinner/Dance from 5:00 - 6:00 PM)
Mill Pond Park Pool (Newington residents only)

Join us for a night at Mill Pond Park Pool for a free family pool party sponsored by the Friends of the Library. Join us on the grass outside the pool area from 5:00 - 6:00 p.m. for a BYO (bring your own) picnic dinner including games, music and dancing with a DJ and Librarians. Refreshments provided by the library will be available. The pool will then open at 6:00 p.m. For more information, please call the library at 860-665-8700. This is a free event for all Newington residents!



Escape the Heat - at Newington Arena

Tuesday, July 12th, 7:00 - 9:00 PM
Newington Arena, 300 Alumni Road, Newington

Join your friends and neighbors for this summertime skating opportunity! Chill out with a few spins on the ice at Newington Arena! Skate rentals will be available for free on a first-come, first-served basis; quantities are limited. Fee is \$5.00 per person.



Summer Carnival on Extravaganza weekend!

Thursday, July 14, 5 - 10 PM; Friday, July 15, 5 - 10 PM & Saturday, July 16, 9 AM - 9 PM
Mill Pond Park

Stay local this summer and enjoy this fantastic event right here in Newington! This year's carnival will be bigger and better than ever, and best of all, it's right here in town! Mill Pond Park will be transformed with carnival games, exciting rides for the whole family, food and more! Purchase a ride wristband and enjoy unlimited rides that day! Ride on Thursday for \$15 with a ride wristband. Ride on Friday or Saturday for \$20 with a ride wristband. (Please note that wristbands are only valid on the day they are purchased) You won't want to miss these three days of fun! *Please note that carnival rides will close promptly at times listed.*



Concert in the Park & Adult Beverage Garden

Friday, July 15th, 6:00 PM
Mill Pond Park

This is one night you won't want to miss! Local bands will perform on the eve of Extravaganza at Mill Pond Park for this event. Sit back with your friends, family and neighbors to celebrate Newington on this evening with entertainment, food and drinks! Admission to the concert is free and open to all ages. All attendees in the beverage garden must be 21 or older. For more information, please call 860-665-8666. Please call our program hotline at 860-665-8686 if the weather is inclement.



30th Annual Extravaganza!

Saturday, July 16th, activities and events begin at 9:00 AM; Fireworks at 9:00 PM
Mill Pond Park

Join us at Mill Pond Park on Saturday, July 16 to celebrate Newington and all it has to offer at the 30th Annual Extravaganza! Enjoy food, games, rides, arts & craft exhibits and much more! Our Entertainment Stage will feature an exciting line-up of performers and even a hot-dog eating contest sponsored by Chef's Dog House. Admission and parking are free, so bring the whole family to this all-day event! The event will conclude with a spectacular evening fireworks display over Mill Pond Park. See all your neighbors and friends at the Extravaganza, an event you will surely enjoy!



Aquatic Facility Information and Hours

Newington Parks and Recreation has two outdoor pools that operate during the summer season, located at Mill Pond Park and Churchill Park. We offer recreational swim times, group swim lessons, semi-private swim lessons, water baby classes, pool parties, special needs swim lessons, special events and much more! Newington residents may purchase pool passes which permit entrance to both pools during recreational swim times. Pool passes purchased for the 2011 Summer may also be used at the Newington High School Pool for the 2011-2012 indoor season. Newington's aquatic facilities are only open to residents, but residents may bring non-residents as their guests during recreational swim times. Non-residents may only use the pools as a guest of a Newington resident and must pay the daily rate. The outdoor aquatic facilities will close in the case of thunder and/or lightning in the immediate area. Pools will re-open thirty minutes after the lightning and/or thunder ceases. There will be no make-up classes offered for missed and/or cancelled lessons or programs unless otherwise stated. In case of inclement weather, please call the Pool Activity Line at 860-665-8766.

Mill Pond Pool

Opens Monday, June 27th
Closes Monday, August 15th at 5 p.m.

Recreational Swim

Monday - Thursday

2 - 5:45 p.m.
6:45 - 8:15 p.m.*

Friday

10 a.m. - 1 p.m.
2 - 8:15 p.m.

Saturday & Sunday

2 - 6:15 p.m.

Senior & Disabled Swim

Monday - Friday

1 - 2 p.m.

* closing time is subject to change due to weather and sunset times.

Mill Pond Pool will be open for modified hours on Saturday, July 16th for Extravaganza.

Churchill Pool

Opens Monday, June 27th
Closes Monday, August 22nd at 4:45 p.m.*

Recreational Swim

Monday - Thursday

12 - 4:45 p.m.

Friday

10 a.m. - 7 p.m.

Saturday & Sunday

12 - 4:45 p.m.

* Note: recreational swim hours may change after August 13th and will be posted at Churchill Pool.

Churchill Pool will close at 3:30 p.m. on Sunday, July 24th for staff training.

**New This Year:
More time available
for recreational swim!**

Pool Passes

Individual Pass

- Purchased on or before May 25th: \$55
- Purchased after May 25th: \$60

Household Pass*

- Purchased on or before May 25th: \$75
- Purchased after May 25th: \$85

*Please note that the household pass includes up to six people who permanently reside in the same household. Babysitters and visiting relatives are not eligible. For households with more than six people, the additional fee for each person is \$5.

Daily Admission Rates

- Adults (18+): \$5 per session
- Children (under 18): \$3 per session
- Seniors (62+): \$3 per session

* Children 12 years of age and younger must be accompanied by a responsible individual 15 years or older. Proof of residency is required.



Guardstart

Ages 11 - 14

This fun and exciting American Red Cross program is designed to provide youth with a foundation of aquatic skills, leadership and knowledge for future successful completion of the American Red Cross Lifeguard Training Program. Participants should bring a bathing suit and towel to each class. Guardstart is held Monday through Thursday for two weeks.

Location: Mill Pond Pool

Fee: \$65 (8 classes)

ID:	Time	Dates
7784	6:00 - 6:30 PM	Monday - Thursdays, June 27 - July 7 (8 classes)



American Red Cross Lifeguarding Course

Ages 15 and up

Students will learn safety and rescue techniques designed to prevent and respond to a variety of aquatic emergencies. Pre-requisites must be demonstrated during the first class, including a continuous 300 yard swim with proficiency in both front crawl and breast stroke and a timed 20 yard swim with a surface dive to retrieve a 10 pound object. Students are only permitted to use goggles for the 300 yard swim portion of the class, must be 15 years old by the completion of the course and **must attend all course dates**. Fee includes instruction, books, pocket mask as well as certification in American Red Cross Lifeguarding, First Aid, and CPR/AED after successful completion of course. Students should bring lunch/snack, bathing suit and towel to every class. *Please register by July 5th.*

Instructor: Michelle Lach

Location: Mill Pond Pool

Fee: \$195 for residents / \$240 for non-residents

ID:	Time	Dates
7785	10 AM - 2 PM	Tuesdays, Wednesdays and Thursdays July 19th - Aug. 4th (9 classes)

** Participants must attend all class dates listed - no exceptions.

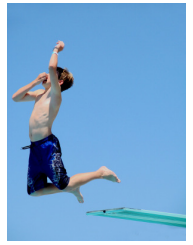
Special Needs Swim Lessons *Ages 5 & Up*

Swim lessons for children or adults with physical or intellectual disabilities. Swim lessons are limited to one participant per instructor. Lessons are held as one week sessions, Monday through Thursday, from 6 - 6:30 p.m. There will be no make-ups for missed and/or cancelled classes. Participants may only sign up for three sessions at a time and may sign up for additional sessions if available after completion of first three.

Location: Mill Pond Pool

Fee: \$65 (4 classes) for residents / not available for non-residents

June 27 - 30	July 4 - 7	July 18 - 21	July 25 - 28	August 1 - 4	August 8 - 11
6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.
ID: 7771	ID: 7772	ID: 7773	ID: 7774	ID: 7775	ID: 7776



Little Swimmers

Ages 6 months - 5 years

A great program for your little swimmer! Come join us at Mill Pond Wading Pool on Mondays, Tuesdays, Wednesdays and Thursdays for fun, friends, toys and splashing. Siblings ages 6 months - 5 years old that reside in the same household may attend for free, but must also be registered. Parents must accompany their child(ren) into the wading pool and stay with them during the entire program. Children who are not toilet trained must wear a swim diaper.

Location: Mill Pond Park Wading Pool

Staff: Aquatics Staff

Fee: \$10 per week or \$55 for the whole summer for residents (\$10 max per household per week / \$55 max per household for the whole summer.) Not available for non-residents.

Days: Monday-Thursday

Time: 10:00 AM - 12 Noon

Session	ID	Dates
1	7777	Monday - Thursday, June 27 - June 30
2	7778	Monday - Thursday, July 4 - July 7
3	7779	Monday - Thursday, July 11 - July 14
4	7780	Monday - Thursday, July 18 - July 21
5	7781	Monday - Thursday, July 25 - July 28
6	7782	Monday - Thursday, August 1 - August 4
7	7783	Monday - Thursday, August 8 - August 11

Birthday Parties at Mill Pond Pool

Ages 3 - 15 (Newington residents only)

Birthday parties are held at Mill Pond Pool and all packages include exclusive use of the pool with swim time, two lifeguards and use of pool toys. The Mortensen Community Center Teen Center will be available in case of inclement weather. Parties must be booked in person at the Parks and Recreation office. Birthday parties fill quickly, so book early!

Times: 12:00 - 2:00 PM

Dates: Saturdays, July 2 - August 13 (No parties held on July 16)

Fee: \$160 for up to 15 children
\$5 for each additional child

Adult Swim Lessons

Ages 18 & Up

Our adult swim lessons provide a wonderful opportunity for adults to learn how to swim in an age appropriate and comfortable environment. Lessons are held as one week sessions, Monday through Thursday from 6:30-7 p.m. and are taught in groups of no more than 5 participants per instructor.

Location: Churchill Pool

Fee: \$65 (4 classes) for residents / not available for non-residents



ID	Level	Dates	Time
7720	Beginners/Advanced Beginners	Monday - Thursday, July 4 - 7	6:30-7 PM
7750	Beginners/Advanced Beginners	Monday - Thursday, July 25 - 28	6:30-7 PM

Adult Swim Program *Ages 18 & Up*

This is a great alternative to the gym! Swim laps outdoors during this adult lap swim program. Daily workout sheets will be available to participants to complete at your own pace.

Location: Mill Pond Pool

Fee: \$20 for residents / not available for non-residents

ID	Dates	Time
7817	Mon-Thurs, June 27-Aug. 11 (no program 7/11)	5:45-6:45 p.m.



Dog Days of Summer Swim!

Mill Pond Pool
Tuesday, August 16th

Please see page 6
for more information.



Swim Lesson Level Descriptions

Waterbabies (Ages 6 months - 2 years with parent) - Parent and child program that will allow your child to adjust to the water using games, songs, basic movements and fun! Parent will accompany the child into the water. Swim diapers are required for children who are not toilet trained. A birth certificate is also required.

NEW! Two Levels of Preschool Swimming



Preschool A (Ages 3 - 4) - Children participate independently in this program that includes water entry and adjustment, blowing bubbles, assisted floating, basic kicking with arm movements and of course, playing games! Children will learn safety skills in and around the water. Children must be 3 years old when the program begins and a birth certificate is required.

Preschool B (Ages 4 - 5) - This program is for children who are entering or have completed kindergarten and are somewhat comfortable in the water. Children participate independently in this program that includes water entry, blowing bubbles, bobbing, floating, glides, kicking with arm movements and of course, playing games! Children will learn safety skills in and around the water. Children must be 4 years old when the program begins and a birth certificate is required. Four year olds should be comfortable in the water and/or successfully participated in Preschool lessons in the past.

Please read if registering for more than one session: If you want to register your child for more than one session, you must register that child for the same level until the child passes that level. Failure to abide by this policy will result in the cancellation of your enrollment. If you register your child for multiple sessions of the same level and the child passes the level, you may switch to an available class in the next level or request a refund. It is your responsibility to request that your child is switched to an available class in the next level. If your child is registered for an inappropriate level, he/she may be moved to a more suitable level depending on availability.

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program Levels 1-6. This program focuses on improving the effectiveness of swim lessons, emphasizing water safety and drowning prevention and improving participant progress and skill acquisition. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. Please review the swim lesson level descriptions below prior to registering your child.

***Note: These skills are the requirements to pass the level listed.** If your child can complete the skills listed, please register him/her for the next level.

Level 1 - (Must be at least 6 years old)

Enter and exit the water unassisted, open eyes underwater, bobbing, combined arm/leg action on front and back, front/back glides (two body lengths) and supported front/back float (3 seconds).

Level 2 - Jump from the deck into chest deep water, float without assistance, tread water (15 seconds), submerge completely and hold breath for 5 seconds, swim using leg and arm stroke (5 body lengths).

Level 3 - Jump into deep water, begin diving, tread water (30 seconds), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds) and learn rotary breathing.

Level 4 - Standing dives, swim underwater (3-5 body lengths), tread water (2 minutes), front crawl and elementary backstroke (25 yards each), breaststroke, butterfly and back crawl (15 yards each).

Level 5 - Shallow water dives, tuck and pike surface dives, front flip turns, front crawl and elementary backstroke (50 yards each), breaststroke, butterfly and back crawl (25 yards each).

Level 6 - Fitness Swimmer: front crawl and elementary backstroke (100 yards each), breaststroke, butterfly and back crawl (50 yards each), competitive turns.

For a detailed list of the new swim lesson level descriptions, please visit us on the web at www.newingtonct.gov/parksandrec

Semi-Private Swim Lessons Ages 6 - 17

Semi-Private swim lessons (max 2 individuals) are great for more personalized attention from our lifeguard staff. Lessons are offered as one week sessions, Monday through Thursday and are 30 minutes in length. Please see descriptions for Levels 1 - 6 above.

Location: Churchill Pool

Fee: \$65 (4 classes) for residents / not available for non-residents

Session 1: June 27 - 30			Session 2: July 4 - 7			Session 3: July 11 - 14			Session 4: July 18 - 21		
	6:00 p.m. - 6:30 p.m.	6:30 p.m. - 7:00 p.m.		6:00 p.m. - 6:30 p.m.	6:30 p.m. - 7:00 p.m.		6:00 p.m. - 6:30 p.m.	6:30 p.m. - 7:00 p.m.		6:00 p.m. - 6:30 p.m.	6:30 p.m. - 7:00 p.m.
Level 1	ID: 7701	ID: 7706	Level 1	ID: 7711	ID: 7716	Level 1	ID: 7721	ID: 7726	Level 1	ID: 7731	ID: 7736
Level 2	ID: 7702	ID: 7707	Level 2	ID: 7712	ID: 7717	Level 2	ID: 7722	ID: 7727	Level 2	ID: 7732	ID: 7737
Level 3	ID: 7703	ID: 7708	Level 3	ID: 7713	ID: 7718	Level 3	ID: 7723	ID: 7728	Level 3	ID: 7733	ID: 7738
Level 4	ID: 7704	ID: 7709	Level 4	ID: 7714	ID: 7719	Level 4	ID: 7724	ID: 7729	Level 4	ID: 7734	ID: 7739
Level 5/6	ID: 7705	ID: 7710	Level 5/6	ID: 7715		Level 5/6	ID: 7725	ID: 7730	Level 5/6	ID: 7735	ID: 7740

Session 5: July 25 - 28			Session 6: August 1 - 4			Session 7: August 8 - 11		
	6:00 p.m. - 6:30 p.m.	6:30 p.m. - 7:00 p.m.		6:00 p.m. - 6:30 p.m.	6:30 p.m. - 7:00 p.m.		6:00 p.m. - 6:30 p.m.	6:30 p.m. - 7:00 p.m.
Level 1	ID: 7741	ID: 7746	Level 1	ID: 7751	ID: 7756	Level 1	ID: 7761	ID: 7766
Level 2	ID: 7742	ID: 7747	Level 2	ID: 7752	ID: 7757	Level 2	ID: 7762	ID: 7767
Level 3	ID: 7743	ID: 7748	Level 3	ID: 7753	ID: 7758	Level 3	ID: 7763	ID: 7768
Level 4	ID: 7744	ID: 7749	Level 4	ID: 7754	ID: 7759	Level 4	ID: 7764	ID: 7769
Level 5/6	ID: 7745		Level 5/6	ID: 7755	ID: 7760	Level 5/6	ID: 7765	ID: 7770



Group Swim Lesson Program *(Newington residents only)*

Waterbabies: ages 6 months - 2 years with parent, Preschool: ages 3 - 5, Levels 1-6: ages 6 - 17 years

We are proud to be an authorized provider of the American Red Cross Learn-To-Swim Program for Levels 1-6. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. If your child has taken swim lessons with us before, please select the level recommended by their instructor. Please note that participants must be at least 6 years of age to register for Levels 1 and up. Sessions 1, 2 and 3 are two-week sessions. Session 4 is a one week session. If your child is new to our swim lesson program, please review the swim lesson level descriptions on page 10 or online at www.newingtonct.gov prior to registering your child.

Churchill Pool Group Lessons - mornings (Mon. - Thurs.) Session 1, 2 and 3 Fee: \$30, Session 4 Fee: \$15

Session 1: June 27 - July 7				Session 2: July 11 - July 21				Session 3: July 25 - August 4				Session 4: August 8 - 11			
		9:30 a.m. - 10:00 a.m.	10:00 a.m. - 10:30 a.m.			9:30 a.m. - 10:00 a.m.	10:00 a.m. - 10:30 a.m.			9:30 a.m. - 10:00 a.m.	10:00 a.m. - 10:30 a.m.			9:30 a.m. - 10:00 a.m.	10:00 a.m. - 10:30 a.m.
Preschool A	ID: 7546			Preschool A	ID: 7574			Preschool A	ID: 7602			Preschool A	ID: 7630		
Preschool B		ID: 7550		Preschool B		ID: 7578		Preschool B		ID: 7606		Preschool B		ID: 7634	
Level 1		ID: 7551		Level 1		ID: 7575		Level 1	ID: 7603	ID: 7607		Level 1		ID: 7635	
Level 2	ID: 7547	ID: 7552		Level 2	ID: 7576	ID: 7579		Level 2	ID: 7604	ID: 7608		Level 2	ID: 7631	ID: 7636	
Level 3	ID: 7548	ID: 7553		Level 3	ID: 7577	ID: 7580		Level 3		ID: 7609		Level 3	ID: 7632	ID: 7637	
Level 4	ID: 7549			Level 4		ID: 7581		Level 4	ID: 7605			Level 4	ID: 7633		

Churchill Pool Group Lessons - evenings (Mon. - Thurs.) Session 1, 2 and 3 Fee: \$30, Session 4 Fee: \$15

Session 1: June 27 - July 7				Session 2: July 11 - July 21				Session 3: July 25 - August 4				Session 4: August 8 - 11			
		5:00 p.m. - 5:30 p.m.	5:30 p.m. - 6:00 p.m.			5:00 p.m. - 5:30 p.m.	5:30 p.m. - 6:00 p.m.			5:00 p.m. - 5:30 p.m.	5:30 p.m. - 6:00 p.m.			5:00 p.m. - 5:30 p.m.	5:30 p.m. - 6:00 p.m.
Water babies		ID: 7559		Water babies				Water babies	ID: 7610			Water babies		ID: 7643	
Preschool A		ID: 7560		Preschool A	ID: 7582			Preschool A		ID: 7615		Preschool A		ID: 7644	
Preschool B	ID: 7554			Preschool B		ID: 7587		Preschool B	ID: 7611			Preschool B	ID: 7638		
Level 1	ID: 7555			Level 1	ID: 7583	ID: 7588		Level 1		ID: 7616		Level 1	ID: 7639	ID: 7645	
Level 2	ID: 7556			Level 2	ID: 7584	ID: 7589		Level 2	ID: 7612	ID: 7617		Level 2	ID: 7640		
Level 3	ID: 7557	ID: 7561		Level 3		ID: 7590		Level 3		ID: 7618		Level 3	ID: 7641		
Level 4		ID: 7562		Level 4	ID: 7585			Level 4	ID: 7613			Level 4	ID: 7642		
Level 5		ID: 7563		Level 5		ID: 7591		Level 5		ID: 7619		Level 5		ID: 7646	
Level 6	ID: 7558			Level 6	ID: 7586			Level 6	ID: 7614			Level 6		ID: 7647	

Mill Pond Pool Group Lessons - mornings (Mon. - Thurs.) Session 1, 2 and 3 Fee: \$30, Session 4 Fee: \$15

Session 1: June 27 - July 7				Session 2: July 11 - July 21				Session 3: July 25 - August 4				Session 4: August 8 - 11			
		11:00 a.m. - 11:30 a.m.	11:30 a.m. - 12:00 p.m.			11:00 a.m. - 11:30 a.m.	11:30 a.m. - 12:00 p.m.			11:00 a.m. - 11:30 a.m.	11:30 a.m. - 12:00 p.m.			11:00 a.m. - 11:30 a.m.	11:30 a.m. - 12:00 p.m.
Water babies		ID: 7569		Water babies	ID: 7592			Water babies		ID: 7625		Water babies	ID: 7648		
Preschool A	ID: 7564			Preschool A		ID: 7597		Preschool A	ID: 7620			Preschool A		ID: 7653	
Preschool B		ID: 7570		Preschool B	ID: 7593			Preschool B		ID: 7626		Preschool B	ID: 7649		
Level 1		ID: 7571		Level 1	ID: 7594	ID: 7598		Level 1		ID: 7627		Level 1	ID: 7650	ID: 7654	
Level 2	ID: 7565			Level 2		ID: 7599		Level 2	ID: 7621			Level 2		ID: 7655	
Level 3	ID: 7566	ID: 7572		Level 3	ID: 7595			Level 3	ID: 7622	ID: 7628		Level 3	ID: 7651		
Level 4	ID: 7567			Level 4		ID: 7600		Level 4	ID: 7623			Level 4		ID: 7656	
Level 5		ID: 7573		Level 5	ID: 7596			Level 5		ID: 7629		Level 5	ID: 7652		
Level 6	ID: 7568			Level 6		ID: 7601		Level 6	ID: 7624			Level 6		ID: 7657	11

Music Together

Ages newborn to 5 years



Music Together® is an innovative, thoroughly researched approach to early childhood music education and is based on the premise that all children are inherently musical. Our goal is to nurture your child's natural enthusiasm for music and movement during the early childhood years when, as with language learning, musical aptitude is at the critical stage of most rapid growth. Music Together is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their most important role models: their parents, caregivers and teachers. Min: 8/Max: 12

Location: Mortensen Community Center Romano Room

Fee: \$110 includes CD and all materials. (Fee remains the same for non-residents) Infants under 8 months free with a registered sibling. \$50 for each additional sibling registered for same class.

ID	Time	Dates
7669	9:30 - 10:15 AM	Wednesdays,
7670	10:30 - 11:15 AM	July 13 - Aug. 17 (6 classes)

Children's Cartooning

For Children Entering Grades 1-5

Using pencil, colored pencil and marker, students will design various faces and bodies for their very own cartoon characters, creatures, animals and magical beasts! These basic skills will be expanded into developing comic strips and story boards. All supplies are provided.



Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$28 per session for residents
\$35 per session for non-residents

ID	Time	Dates
7809	5:30 - 6:30 PM	Wednesdays June 29 - July 20 (4 classes)
7810	5:30 - 6:30 PM	Wednesdays July 27 - August 17 (4 classes)

Summer Music

Entering Grades 4 and up



Start a brand new instrument! If you play already, join the band or join the orchestra! From beginners to intermediate to advanced musicians! Beginner lessons include Flute, Clarinet, Trumpet, Saxophone, Percussion, Violin, Viola, Cello and Bass. Program runs weekdays From June 27th through July 27th with a concert on the evening of July 27th. A Summer Music Registration Form can be found in the Parks & Recreation office or online at www.newingtonct.gov. Find the schedule and other important information at <http://patersonmusic.net/SummerMusic.html>

Location: John Wallace Middle School

Instructors: Music Teachers

Fee: \$90 for residents
\$110 for non-residents

ID	Time	Dates
7545	8:00 AM - 12:00 PM*	Mon-Fri, June 27-July 27 (no program 7/4)

* Time varies depending on instrument played.

Kids' Art Adventures

For Children Entering Grades 1-5

This is a great course exploding with creativity and fun! Participants will explore various art materials including styrofoam, paint, beads, felt, sticks, etc., while creating 2-D and 3-D projects. Weekly activities will include things that fly, ocean themes, buildings and much more! All supplies are provided and children should wear a smock or old clothes.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$28 per session for residents
\$35 per session for non-residents

ID	Time	Dates
Entering Grade 1		
7813	5:30 - 6:30 PM	Thursdays, June 30 - July 21 (4 classes)
7814	5:30 - 6:30 PM	Thursdays, July 28 - August 18 (4 classes)

Entering Grades 2-5

7815	6:15 - 7:15 PM	Tuesdays, June 28 - July 19 (4 classes)
7816	6:15 - 7:15 PM	Tuesdays, July 26 - August 16 (4 classes)

Newington Arena Programs

Ages 3-14



Cool off this summer on the ice at Newington Arena! Check out these programs:

Snowplow Sam (Ages 3-5) - Young beginners will participate in various games which will teach balance, control and new skills.

Basic Skating Skills (Ages 6-14) - Beginner and intermediate skaters will be challenged in this camp. Activities include on-ice lessons, supervised practice time, off-ice fitness class, creative arts activities and a snack break.

Location: Newington Arena, 300 Alumni Road

Fee: Snowplow Sam: \$120 per session
Basic Skating Skills: \$378 per session
(Fees remain the same for non-residents)

ID	Dates	Time
Snowplow Sam (Ages 3-5)		
7836	June 27-July 2	12:00 - 1:00 PM.
7837	July 25 - 30	12:00 - 1:00 PM
7838	August 15 - 20	12:00 - 1:00 PM

Basic Skating Skills (Ages 6-14)

7839	June 27-July 2	9:00 AM - 1:00 PM
7840	July 25 - 30	9:00 AM - 1:00 PM
7841	August 15 - 20	9:00 AM - 1:00 PM

Kids' Art Games

For Children Entering Grades 1-5



This FUN class will challenge participants to be creative, improve hand-eye coordination and encourage teamwork. Children will be divided into groups to create different art projects. Examples: build a tall tower with bottle caps and craft sticks, or complete a drawing maze... and many more! All supplies are provided.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$28 per session for residents
\$35 per session for non-residents

ID	Time	Dates
7811	6:45 - 7:45 PM	Wednesdays, June 29 - July 20 (4 classes)
7812	6:45 - 7:45 PM	Wednesdays, July 27 - August 17 (4 classes)

Eric Frank Baseball Camp *Entering grades 3-9*

Join Newington High School Head Baseball Coach Eric Frank for two exciting camps geared toward baseball players entering grades 3-9. Participants will enjoy fun skills contests and games while experiencing age-appropriate baseball instruction in mechanics of throwing and catching, player-specific hitting fundamentals, defensive skill development, base running, offensive and defensive situation instruction and more. All participants will receive a t-shirt and pizza on the final day. Participants should bring a bat and glove.

*Location: Mini Leaguers: Volunteer Field
Big Leaguers: Legends Field
(Both fields at Clem Lemire Complex)*

Fee: \$99

ID	Time	Dates
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Mini Leaguers (Entering grades 3-6)

7672	9:00 AM - 12:00 PM	Mon -Thurs, June 27-30 (7/1 rain date)
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Big Leaguers (Entering grades 7-9)

7673	9:00 AM - 12:00 PM	Mon -Thurs, August 1-4 (8/5 rain date)
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Field Hockey Camp *Entering Grades 5 - 9*

Ready to try something new and exciting? Veronica Underwood, Newington High School Assistant Field Hockey Coach presents this introductory camp, which will feature team and individual instruction, fun games and team-building activities to teach fundamentals and basic conditioning. Athletic clothing and sneakers are required; cleats are optional. Bring a water bottle. All other equipment is provided.

Location: TBD
Instructors: Veronica Underwood, Paul Macchi & Amanda Tuthill

Fee: \$50

ID	Time	Dates
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7671	3:30 - 5:30 PM	Mon - Fri, August 15-19
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Non-residents pay the same rate as residents for all the programs listed on this page!

Chris Corkum Baseball Camp *Ages 7 - 12*

Chris Corkum and his experienced staff are excited for their 17th year in Newington! This very successful camp stresses all aspects of the game of baseball. Included are fun and fitness plus in depth work in fielding, throwing, hitting, pitching, base running and game play. This camp will lecture, demonstrate and direct during the small group instructional sessions. The camp will also stress knowledge of the rules and regulations of baseball. Please bring a bat, glove, hat, sneakers/spikes and a water bottle. For more information, call Chris Corkum at 860-623-1027.

Location: Legends Field, Clem Lemire Complex

ID	Time	Dates	Fee
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7678	8:00 AM - 12:00 PM	Mon - Thurs July 18 - 21 (7/22 rain date)	\$120
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Girls' Fast Pitch Softball Camp *Entering Grades 5 - 9*

Is your child looking to improve her softball skills and have some fun? Join the Newington High School Softball Coaches Steve Markie and George Windish for this camp. It's a great opportunity to work on all levels of the game, improve skills and learn valuable new techniques. All participants will receive a t-shirt.

Location: Newington High School Softball Fields

ID	Time	Dates	Fee
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7679	9:00 AM - 12:00 PM	Mon - Thurs June 27-30 (7/1 rain date)	\$100
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Soccer Club of Newington Camp *Boys & Girls Ages 8 - 14*

This camp is for any child 8-14 years old who is interested in developing their soccer skills in a fun and enjoyable environment. Camp will be run by Dave Clarke, the Head Women's Soccer coach at Quinnipiac University and a US Soccer national instructor. The camp will be staffed by players from the Men's and Women's soccer programs at Quinnipiac University. Players will be organized by gender, age and ability. Registration fees include a camp t-shirt!

Location: Mill Pond Park Soccer Fields

ID	Time	Dates	Fee
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7684	5:30- 7:30 PM	Mon - Fri August 8-12	\$115
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Basketball Camp *Entering Grades 3 - 8*

Scot Wenzel, Newington High School Boys Basketball Coach, presents this fundamental basketball camp. Includes instruction in skill building, shooting, passing, defense, situational application, skills contests, games and much more. Snacks will be provided and awards will be given for each contest. All participants will receive a t-shirt.

Staff: Scott Wenzel & high school players
Location: TBD

ID	Time	Dates	Fee
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Boys Entering Grades 3 - 5

7680	8:00 AM - 11:00 AM	Mon - Fri July 11 - 15	\$95
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Boys Entering Grades 6 - 8

7681	11:30 AM - 2:30 PM	Mon - Fri July 11 - 15	\$95
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Girls Entering Grades 3 - 5

7682	8:00 AM - 11:00 AM	Mon - Fri July 18 - 22	\$95
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Girls Entering Grades 6 - 8

7683	11:30 AM - 2:30 PM	Mon - Fri July 18 - 22	\$95
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Rookie Rugby *Entering Grades 1-8*

Come try America's fastest growing sport and the newest Olympic event! Rookie Rugby is a fun, safe sporting experience for both boys and girls. The rules are simple and very easy to learn. This camp promotes excellent skills development, teamwork, health, fitness and most importantly, fun! Game uses flags so little or no contact is made between players! Kids will be grouped by grade level and skill to ensure appropriate instruction. Coaches are area high school and college coaches, as well as current area rugby players.

Location: Mill Pond Park Soccer Fields

ID	Time	Dates	Fee
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7677	6:00 - 8:00 PM	Mon. - Fri., July 11-15	\$40/child (\$100 max per family)
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**Interested in one of our sports camps?
Please Register Early!**

Our camps sometimes fill to capacity, but we also need to have a minimum number of participants in order for us to run them. If we don't reach that minimum, the camp has to be cancelled. So please, REGISTER EARLY!

Tiny-Hawk Soccer, Baseball & Basketball Camp *Ages 3 - 4*

Tiny-Hawk programs help children fine-tune their motor skills with athletics, by teaching the basic skills of each sport. Parents work with our coaching staff to teach these young children. Skyhawks staff is committed to creating a positive introduction to sports. Participants should wear appropriate clothing, sneakers and sunscreen and should bring water. All participants will receive a t-shirt and merit award. Parents must stay on site.

Location: Mill Pond Park (Garfield St. side)
Staff: Skyhawks Sports Staff

ID	Time	Dates	Fee
7467	5:00 - 6:30 PM	Mon - Thurs June 27 - 30	\$65
7473	9:00 - 9:50 AM	Mon - Fri Aug. 15 - 19	\$59

Mini-Hawk Soccer, Baseball & Basketball Camp *Ages 5 - 7*

This multi-sport program gives children ages 5 to 7 a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Participants will explore balance, movement, hand/eye coordination, and skill development at their own pace. Participants should wear appropriate clothing, sneakers and sunscreen and should bring water and two snacks. All participants will receive a t-shirt and merit award.

Location: Mill Pond Park (Garfield St. side)
Staff: Skyhawks Sports Staff

ID	Time	Dates	Fee
7468	5:00 - 7:00 PM	Mon - Fri July 11 - 15	\$70
7471	10:00 AM - 1:00 PM	Mon - Fri Aug. 15 - 19	\$115

Non-residents pay the same rate as residents for all programs listed on this page!

Flag Football Camp *Ages 7 - 12*

Skyhawks flag football is the perfect program for your young athletes who want a complete introduction to football or for those who simply want to brush up on their skills in preparation for league play. Participants will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning – all presented in a fun & positive environment. Recommended for beginner to intermediate athletes. The week ends with the Skyhawks Sports Bowl, giving participants a chance to showcase their skills on the gridiron! Participants should wear appropriate clothing, sneakers and sunscreen and should bring water. All participants will receive a t-shirt and merit award.

Location: Mill Pond Park (Garfield St. side)
Staff: Skyhawks Sports Staff

ID	Time	Dates	Fee
7469	6:00 - 8:00 PM	Mon - Thurs. July 25 - 28	\$70

Multi-Sport Camp (Capture the Flag, Ultimate Frisbee & Kickball) *Ages 7 - 12*

Our multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. For this program we combine these 3 sports into one fun-filled week. Athletes will learn the rules & essentials of each sport through skill-based games and scrimmages. By the end of the week your child will walk away with vital life lessons such as respect, teamwork, and self-discipline. Participants should wear appropriate clothing, sneakers and sunscreen and should bring water and two snacks. All participants will receive a t-shirt and merit award.

Location: Mill Pond Park (Garfield St. side)
Staff: Skyhawks Sports Staff

ID	Time	Dates	Fee
7472	9:00 AM - 12:00 PM	Mon - Fri. Aug. 15-19	\$115

Volleyball Camp *Ages 10-14*

Skyhawks Volleyball teaches all aspects of the game through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginning and intermediate player. Staff will assist each athlete in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player. Participants should wear appropriate clothing and sneakers and should bring water. All participants will receive a t-shirt and merit award.

Location: Mortensen Community Center Gym
Staff: Skyhawks Sports Staff

ID	Time	Dates	Fee
7470	6:00 - 8:00 PM	Mon - Thurs. July 25 - 28	\$70

UK International Soccer Camp *Ages 3 - 14*

UK International Soccer Camps are one of the largest providers of soccer instruction in the U.S. The program's goal is to provide "The Best Possible Soccer Experience" for all players. Camp programs use age appropriate curriculums for youths ages 3 to 14. Please bring a soccer ball, shinguards, appropriate clothing, water and sunscreen. All players receive a free camp t-shirt & evaluation.

Ages 3-4 will focus on a fun introduction to the great sport of soccer.

Ages 5-6 will focus on fun, exciting games to build confidence and teach fundamentals. Within this curriculum, players will cover ball familiarization, small group dynamics, coordination skills and social interaction, all with maximum participation in a fun-oriented environment.

Ages 6-14 will focus on technical development & skills building in a stimulating environment. Players will be challenged to consider basic tactical components at an age appropriate level, including attacking and defending principles.

Location: Mill Pond Park Soccer Fields
Program Dates: Monday - Friday, July 18-22

ID	Ages	Time	Fee
7674	3-4	5:00-6:00 PM	\$70
7675	5-6	6:00-7:30 PM	\$85
7676	6-14	5:00-8:00 PM	\$115

Summer Sunshine Ages 3 & 4 (Newington residents only)

June 27th - August 4th, 9:00 AM - 2:00 PM



Your child will have a blast this summer while socializing, playing games, listening to stories, creating crafts, swimming, enjoying music and movement and outdoor play! Each week is a different theme with all sorts of activities including arts & crafts, games, free play and much more. All participants must be toilet trained. Each child should bring a healthy lunch (lunches may not contain any snacks with peanut butter or nuts of any kind) with two juice boxes or water bottles and wear a bathing suit and bring a towel. Towels and backpacks should be labeled with your child's name. Parents must apply sunscreen before dropping off child each morning; children will attend supervised swim every day at the Mill Pond Pool wading area. A swim activity/water safety awareness program will also be offered. Children ride on a school bus with all staff at 1:00 PM and head to Mill Pond Pool for swimming. Pick up will be at 2:00 PM at the wading pool.

The program will be held at our preschool classroom located at 1075 Main Street in the lower level. It's a beautiful space dedicated solely to preschoolers and also includes a fenced in outdoor play space!

Staff: Marilyn Janelle and Staff

Please note that we are a nut-free program and facility. Peanut butter and nuts of any kind are not permitted in the facility.

Extended Care Program! Summer Sunshine will be staffed beginning at 8:00 AM for those parents who need to drop off their child earlier than 9:00 AM. Additional fees do apply, please see below for more information.

Summer Sunshine Registration Forms are available at www.newingtonct.gov/parksandrec or at the Parks and Recreation office.

EACH WEEK IS A DIFFERENT THEME!

Week 1:	Welcome To Summer Camp!
Week 2:	Holiday Celebrations
Week 3:	Awesome Oceans
Week 4:	Beach Bums
Week 5:	Nature Nuts
Week 6:	"It's a Zoo Around Here": Animals Galore!

DAILY ACTIVITIES

Mondays:	Painting and Drawing Activities
Tuesdays:	Messy Art Projects and Creations
Wednesdays:	Beads and Wearable Projects
Thursdays:	Play Dough and Multi Media Art Activities

Creative Playtime Preschool Program

Register Now for the 2011-2012 School Year!

Creative Playtime Preschool Program is open to children ages 3-5. Morning, Afternoon or Full-Day Programs are available. Our preschool program is fully licensed through the State of Connecticut.

Give your child a wonderful and enriching introduction to the classroom environment.

For more information about the Creative Playtime Preschool Program, please inquire at the Parks and Recreation office or call

860-665-8666

Registration Information

Week	ID	Dates
Week 1	7658	Monday and Wednesday, June 27, 29
	7659	Tuesday and Thursday, June 28, 30
Week 2*	7660	Tuesday, Wednesday and Thursday, July 5, 6, 7
Week 3	7661	Monday and Wednesday, July 11, 13
	7662	Tuesday and Thursday, July 12, 14
Week 4	7663	Monday and Wednesday, July 18, 20
	7664	Tuesday and Thursday, July 19, 21
Week 5	7665	Monday and Wednesday, July 25, 27
	7666	Tuesday and Thursday, July 26, 28
Week 6	7667	Monday and Wednesday, August 1, 3
	7668	Tuesday and Thursday, August 2, 4

* Please note that Week 2 is a three-day program (no program 7/4).

Payment Information

Two Days per week: **\$50 each week**
 Four Days per week: **\$90 each week**
Week 2 (three days): \$70

Save \$60!

Four Days per week (three days during Week 2) for all 6 weeks: \$460*

* To be eligible for the discounted rate, you must register and pay for all 6 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 6 weeks purchased individually is \$520.

Extended Care Information

Extended care is available for this program from 8 - 9 a.m.

Two Days per week: **\$12 each week**
 Four Days per week: **\$22 each week**
Week 2 (three days): \$17

Save \$12!

Four Days per week (three days during Week 2) for all 6 weeks: \$115*

* To be eligible for the discounted rate, you must register and pay for all 6 weeks of extended care at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 6 weeks of extended care purchased individually is \$127.

Playground Pals

Open to children who reside in Newington and are registered for fall Kindergarten or completed Kindergarten this school year (space is limited—register early)!

June 27th - August 12th
9:00 AM - 2:00 PM

NEW: Extended
care hours available!

Our staff has an action-packed summer planned for your child! Activities include theme weeks such as Animal Week, Wacky Week and Go Green Week. There are also many exciting field trips and events planned! Registrants may sign up for all sessions. The ratio is approximately 1 staff member to 10 children. Playground Pals is held at the Mortensen Community Center Teen Center. Children should arrive to camp each day with a bagged lunch and snack with beverages. Children will participate in swim instruction and are asked to wear a bathing suit and bring a towel every day.

Our staff work to provide a positive experience for all participants and are individuals who are selected on the basis of their skills and talents, as well as their enthusiasm.

ELIGIBILITY: The Playground Pals Program is an exciting summer for all participants. Open to children who reside in Newington and are registered for fall Kindergarten or completed Kindergarten this year. Those who have completed 1st grade are not eligible for this program. Registration is limited and accepted on a first-come, first-served basis.

TIME: Staffed daily from 9:00 AM - 2:00 PM. Extended care is available for this program from 8:00 - 9:00 AM and/or 2:00 - 4:00 PM for an additional fee.

DATES: The program runs Monday through Friday, June 27 - August 12. There is no program on Monday, July 4.

SWIM: Swim Instruction will be available to all participants and offered at no additional charge.

Playground Pals 2011 Registration Information

	By June 8	After June 8
ALL 7 WEEKS*:	\$470	\$490
ANY 4 WEEKS*:	\$285	\$295
ANY 1 WEEK:	\$80	\$85
WEEK 2:	\$66	\$70

(No Program July 5th)

Register for Playground Pals weekly at the rates listed above.

*To be eligible for the discounted rate, you must register and pay for all 4 or 7 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 7 weeks purchased individually by June 8 is \$545. Total cost for 7 weeks purchased individually after June 8 is \$615.

Extended Care Registration Information

The Playground Pals Extended Care program will be staffed from 8:00 - 9:00 a.m. and/or 2:00 - 4:00 p.m. for those parents who need more time. Fees are:



Morning Extended Care: \$12 for Week 2; \$15 per week for all other weeks

Afternoon Extended Care: \$24 for Week 2; \$30 per week for all other weeks

Summer Playgrounds

For Newington children who have completed Grades 1 - 7

Experience the fun!



The Summer Playground Program is back for another wonderful summer of fun in the sun! Our staff is busy preparing many fun and exciting activities, games, special events and field trips, not to mention lots of swimming, sports, arts and crafts, talent shows and much more!

Monday - Friday, June 27th - August 12th

(no program July 4th)

8:00 AM - 4:30 PM

2011 Summer Playgrounds Registration Information

We are now accepting registration for Summer Playgrounds!

Register Today!!

	By June 8	After June 8
ALL 7 WEEKS*:	\$555	\$595
ANY 4 WEEKS*:	\$430	\$450
ANY 1 WEEK:	\$120	\$130
WEEK 2*:	\$105	\$115

Register for Summer Playgrounds at the rates listed above.

*To be eligible for the discounted rates for multiple weeks, you must register and pay for all 4 or 7 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 7 weeks purchased individually by June 8 is \$825. Total cost for 7 weeks purchased individually after June 8 is \$895.

Registration information for Summer Playgrounds is available in the Parks and Recreation office or on the web at:

www.newingtonct.gov

Counselor Experience Program



For Newington youths who have completed Grades 8 and 9

The Counselor Experience Program provides an introduction to working with children in a summer playground setting using both observation and hands on learning. Applicants may choose from 3 different one-week sessions during the summer. Each session is limited to the first 10 qualified participants. Applicants may only register for one session. Selected participants will be notified of acceptance. During the program, participants will experience modified staff training, job shadowing and interaction with both staff and children within the Summer Playground Program. The Counselor Experience Program will be held at the Mortensen Community Center.

To apply for the Counselor Experience Program:

- Complete the Counselor Experience Application and Registration Form
- Obtain one Letter of Recommendation (completed by a non-relative)
- Submit the Application, Registration Form and Letter of Recommendation to the Parks and Recreation Department by Wednesday, June 1
- Selected applicants and one parent or guardian must be able to attend a mandatory orientation meeting on Wednesday, June 15 from 5:30 to 6:30 p.m.

Program Information

Time: 9:00 AM - 3:00 PM

Fee: \$60 per session

Session 1: ID: 7791 Monday through Friday, July 18 - 22

Session 2: ID: 7792 Monday through Friday, July 25 - 29

Session 3: ID: 7793 Monday through Friday, August 1 - 5



Counselor-In-Training (CIT)



For Newington youths who have completed Grades 10 and 11

Newly revised program!

The new and improved Counselor In Training (CIT) Program provides instruction and skill development related to working with children in a summer playground setting. Interested participants must apply and be selected for this new 7-week program. Applications will be reviewed and qualified applicants will be interviewed. Selected participants will be notified of acceptance into the CIT program. The number of selected participants will depend on the needs of the program. Selected CITs will be involved with the Summer Playground Program through some aspects of training and all 7 weeks of the program. Selected participants will be expected to make a full commitment to the CIT Program. Each participant will be placed at one of the six playground sites (placement will be decided by Parks and Recreation Department staff).

To apply for the Counselor In Training Program:

- Complete a Town of Newington Employment Application (available at www.newingtonct.gov)
- Obtain two Letters of Recommendation (completed by non-relatives)
- Submit the Employment Application and Letters of Recommendation to the Parks and Recreation Department by Wednesday, June 1
- Selected participants and one parent or guardian must be able to attend a mandatory orientation meeting on Wednesday, June 15 from 6:45 to 7:45 p.m.

Program Information

ID: 7790

Time: 8:30 AM - 3:30 PM (Individual schedules may vary)

Fee: No Fee (Participants must apply and be selected)

Program Dates: **Week 1:** Tuesday - Thursday, June 28 - 30
Week 2: Tuesday - Friday, July 5 - 8
Weeks 3-7: Monday - Friday, July 11 - August 12
*Selected participants will also be required to attend training sessions in June. Dates and times to be determined (CITs will be notified in advance of these dates if they are selected).

This program is a great volunteer opportunity to see if you enjoy working with children!

Youth and Adult Tennis Programs...

Open Tennis Courts

Richard Lienhard Tennis Courts
at Mill Pond Park

Open June through September
Phone: 860-667-5820

Program Coordinators: Sarah Dean
(860-667-4984) & Nancy Frost (860-529-1165)

COURT FEES

\$12 per hour for NTA Members & Residents;
\$16 per hour for Non-Residents

SEASON PLAY PASSES

\$130/player and \$190/family (NTA members only)

JUNIORS (18 & under):

\$8.00 per player

* Checks made payable to:
Newington Tennis Association

OPEN COURT HOURS

Monday through Friday
8:00 AM – 12:00 Noon
5:00 PM – 8:00 PM

Saturdays & Sundays
8:30 AM – 12:00 Noon

NTA PROGRAMS

Program	Days	Time
Women's Doubles	Tuesdays Wednesdays	9:00 - 11:00 AM 5:30 - 8:00 PM
Men's Doubles	Wednesdays Saturdays	5:30 - 8:00 PM 9:00 - 11:00 AM
Senior Doubles	Mon, Wed, Fri	9:00 - 11:00 AM
Greater Hartford League		
Men:	Mondays	5:30 - 8:00 PM
Women:	Tuesdays	9:30 - 11:30 AM
Mixed Doubles	Fridays	5:30 - 7:30 PM
Men's Singles	Saturdays Tuesdays	9:00—11:00 AM 5:30 - 8:00 PM

Youth Tennis Program

All Star Junior Development Ages 4 & up

Location: Mill Pond Park Tennis Courts

Staff: P.T.R. Certified Instructor Bob Dean

Rain dates will be held indoors at the Newington Tennis Center for an extra fee. For questions about the program, please call Bob Dean after May 15th at 860-667-5820.

SESSION SCHEDULE, Mondays - Thursdays

#1 June 6 - 9	#6 July 11 - 14
#2 June 13 - 16	#7 July 18 - 21
#3 June 20 - 23	#8 July 25 - 28
#4 June 27 - 30	#9 Aug. 1 - 4
#5 July 5 - 8	#10 Aug. 8 - 11

*Week #5 meets Tuesday - Friday

MUNCHKIN TENNIS, Ages 4 - 7

Designed for the little players. Have fun and play games while learning the basic skills of tennis.

Level	Time	Fee
Beginner	9:00 - 10:00 AM	\$45 resident \$53 non-resident

RISING STARS, Ages 7 - 12

Introduce & continue the development of basic skills. Emphasis on ground strokes, serves, volleys, rules of play and court etiquette.

Level	Time	Fee
Beginner - Intermediate	10:00 - 11:00 AM	\$45 resident \$53 non-resident

CHAMPIONSHIP TENNIS, Ages 10 - 14

Designed for advanced beginners and intermediate juniors working on more complete tennis skills, specialty shots and match play.

Level	Time	Fee
Intermediate	11:00 AM - 12:00 noon	\$45 resident \$53 non-resident

TOURNAMENT TENNIS, Ages 12 & up

High school team and youth tournament players. High level of competition designed for the more serious player. Subject to screening by the tennis staff. This class is only held on Wednesdays.

Level	Time	Fee
Advanced	1:00 - 2:30 PM	\$17 resident \$20 non-resident

JUNIOR TENNIS TEAM

High level competition, match play (season includes 8-10 matches) 1 practice per week (Mondays, 1:00-2:30 p.m.), 2 matches per week (Tuesdays and Thursdays, 1:00-3:00 p.m.)

Dates	Fee
June 28 - July 29	\$95 resident \$100 non-resident

Adult Tennis Program

Location: Mill Pond Park Tennis Courts

Staff: P.T.R. Certified Instructor Bob Dean

Questions about the program? Please call Bob Dean after May 15th at 860-667-5820 or 860-667-4984.

LESSON RATES

Private:	1 hour: \$39 1/2 hour: \$29
Semi Private:	\$26/hour per student (2 or more students)
Group Lesson:	\$13/hour per student

ADULT BEGINNER LESSONS

All the basics and more!

Mondays:	6:30 - 7:30 PM
Wednesdays:	6:30 - 7:30 PM
Fee:	4-week session: \$52

ADVANCED DRILLS

Sharpen your skills, tactical & technical tips	
Mondays:	5:30 - 6:30 PM
Wednesdays:	5:30 - 6:30 PM
Fee:	4-week session: \$52

Adult Registration Form

Please use this form when registering for adult tennis lessons

First Name: _____

Last Name: _____

Home Phone: _____

Cell Phone: _____

Business Phone: _____

Address: _____

City: _____ Zip: _____

Sessions are four weeks—you may enter at any time!

Enter date you wish to begin:

Circle Appropriate Session:

Monday: Beginner Advanced

Wednesday: Beginner Advanced

Youth Registration Form *Please use this form when registering for youth tennis!*

Class: _____ Session(s): _____

Student Name: _____ Age: _____

Address: _____ City: _____

Phone: _____ Emergency Contact: _____

Golf Programs

At Indian Hill Country Club

Golf Instructors:

Wayne Smyth - PGA Professional

Ryan Bowey - PGA Professional

Jodi Hitchcock - PGA Apprentice

*Participants should bring their own clubs to each program, but clubs will be provided if necessary.

Complimentary Junior Golf Clinics

Ages 10 - 17

ID:	Date	Time
7794	Monday, June 27	11AM - 1 PM
7795	Monday, July 25	11 AM - 1PM
7796	Monday, Aug. 22	11 AM- 1PM

Pre-registration Required

Mighty Mites Lessons

Ages 3 - 9

ID:	Time	Dates	Fee
7797	2:00 - 2:45 PM	Sat & Sun July 16 & 17	\$40
7798	2:00 - 2:45 PM	Sat & Sun Aug. 20 & 21	\$40

Junior Golf School

Ages 10 - 17

ID:	Time	Dates	Fee
Co-Ed Program			
7799	1:00 - 4:00 PM	Mon - Thurs July 4 - 7	\$179
7800	1:00 - 4:00 PM	Mon - Thurs July 11 - 14	\$179
7801	1:00 - 4:00 PM	Mon - Thurs July 25 - 28	\$179
7802	1:00 - 4:00 PM	Mon - Thurs Aug. 8 - 11	\$179

High School Player's Club

Co-Ed Program

ID:	Time	Dates	Fee
7803	1:00 PM	Wednesdays, June 29 - Aug. 24	\$100

(Play at 2:00 PM)

Adult Golf Clinic

Indian Hill Country Club

A great way to learn the game of golf! Topics covered include Beginning Fundamentals, Full Swing, Putting, Chipping & Pitching and Bunker Play, and there will be on-course instruction during the last half hour of each class.

ID:	Time	Dates	Fee
7804	6:00 - 7:30 PM	Wednesdays, May 18 - June 29 (6 classes, no class 6/8)	\$110

*We are now accepting registration for this program!
Register Today!!

7805	6:00 - 7:30 PM	Wednesdays, July 6 - Aug. 10 (6 classes)	\$110
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Non-residents pay the same rate as residents for all the programs listed on this page!

Attention Newington Residents!

Did you know that as a resident of Newington, you have the opportunity to play Indian Hill Country Club for a fraction of the price? In fact, seniors over 62 play FREE on most Mondays!

Purchase a resident card today to experience the private club atmosphere for just \$58.00 a year (Resident Pass). Limited available tee times and resident pass required for play. Greens fees required for non-senior residents and seniors playing on a non-Monday.

Newington residents also receive discounts on memberships at Indian Hill: Please call 860-665-7817 or go online at www.ihccgolf.com for more information.



Ladies Golf Clinics

Indian Hill Country Club

Ladies Only! Participate in golf lessons specifically designed with women in mind. A great way to learn the game of golf! Topics covered include Beginning Fundamentals, Full Swing, Putting, Chipping & Pitching and Bunker Play. On-course instruction will be taught the last half hour of each class.

ID:	Time	Dates	Fee
7806	6:00 - 7:30 PM	Thursdays, May 19 - June 30 (6 classes, no class 6/9)	\$110

*We are now accepting registration for this program!
Register Today!!

7807	6:00 - 7:30 PM	Thursdays, July 7 - Aug. 11 (6 classes)	\$110
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Make-ups will be held August 18th.

Indian Hill Country Club

111 Golf Street
Newington, CT 06111
Phone: 860-666-5447
Fax: 860-666-2805

E-Mail: thegolfshop@ihccgolf.com

Website: www.ihccgolf.com

Adult Programs...

Line Dancing

Line dancing isn't just country/western anymore! It could be anything from a waltz to a cha-cha. You will learn some of the most popular dances. Come alone or with a partner to this fun class. It's also great exercise and just a few classes will free the dancer in you.

Instructor: Wendy Nielsen
Location: Senior & Disabled Center Ceramics Room
Fee: \$65 for residents / \$80 for non-residents

ID:	Time	Dates
7818	5:30 - 6:30 PM	Mondays, July 11 - Sept. 19 (10 classes, no class 9/5)

Adult Oil Painting

This is an instructive course aimed at improving the returning student's skills and knowledge and introducing the new student to the basic ingredients of painting. Students are instructed individually. Traditional concepts of painting will be applied to still-life, floral, landscape, seascape and wildlife. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Participants should wear a smock or old clothes.

Instructor: Fran Judycki
Location: Senior & Disabled Center Arts & Crafts Room
Fee: \$80 for residents / \$100 for non-residents

ID:	Time	Dates
7819	6:30 - 8:30 PM	Mondays, July 11 - August 29 (8 classes)

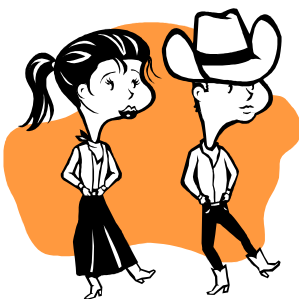
NEW! Kayak Lessons

Ages 13 - adult

This course provides the student with basic information about kayaks, paddling strokes and maneuvers. At the end of the lesson, students will be able to select a kayak to suit their needs and adjust the boat to fit body size, and on water skills such as forward and reverse paddle strokes, turning, bracing and controlling the kayak. Kayaks, personal floatation device and paddles are included. Taught on flatwater in Collinsville, CT.

Location: Collinsville Canoe & Kayak - Collinsville, CT
Fee: \$65 for residents / fee remains the same for non-residents

ID:	Time	Date
7820	10:00 AM- 1:00 PM	Saturday, June 11th
7821	10:00 AM- 1:00 PM	Saturday, July 23rd



NEW! Ballroom Dancing

If you have never danced, are not comfortable on the dance floor, or are getting ready for a special event, this fun and easy class is for you! You will develop confidence by learning the basic elements and techniques in the most popular dances. You will learn how to lead or follow in a variety of dances such as the Foxtrot, Waltz, Rumba, Swing, Tango and more. Come alone or with a partner! Please wear shoes that have some slide but will not slip off your feet.

Instructor: Wendy Nielsen
Location: Senior & Disabled Center Ceramics Room
Fee: \$65 for residents / \$80 for non-residents

ID:	Time	Dates
7822	6:30 - 7:30 PM	Mondays, July 11 - Sept. 19 (10 classes, no class 9/5)

The Art of T'ai Chi

T'ai chi is not only a form of exercise, but a cultural art that leads you on the path to mental, physical and spiritual fitness. This art form is used to promote health and tranquility by releasing the natural energy of the body. T'ai Chi helps maintain good Chi energy with gently fluid movements.

Instructor: Ken Zaborowski
Location: Mortensen Community Center Romano Room
Fee: \$63 for residents / \$78 for non-residents

ID:	Class	Time	Dates
7823	Beginners	5:30 - 6:30 PM	Mondays June 27 - Sept. 12 (10 classes, no class 7/4, 9/5)
7824	Intermediates	6:30 - 7:30 PM	Mondays June 27 - Sept. 12 (10 classes, no class 7/4, 9/5)

NEW! Co-Ed Kickball League

Ages 18 - adult

Interested in playing in an organized kickball league?! Newington Parks & Recreation would like to announce the beginning of a brand new adult co-ed league in town:

Kickball! The league will run mid June until late August on Sunday afternoons (depending on the number of teams that register). League fees are approximately \$300. If interested in the league, please contact Stephanie Boulay in the Parks & Recreation office at sboulay@newingtonct.gov or (860)665-8666. We will have a team captain's meeting on Wednesday, June 1st. Roster sizes must be a minimum of 12 players, maximum of 20 players.



Power Cardio

Blast into shape with this 60-minute, high-energy Boot Camp style workout that interchanges short bursts of cardio with longer workout periods that combine kickboxing, sports drills and calorie-crunching calisthenics. Not for the faint of heart. Participants should be in good physical condition.

Instructor: Laura Campbell

Location: Mortensen Community Center Gymnasium

Fee: \$55 for residents / \$68 for non-residents

ID:	Time	Dates
7825	6:00-7:00 PM	Tuesdays, July 5 - Sept. 20 (11 classes, no class 7/26)
7826	6:00-7:00 PM	Thursdays, July 7 - Sept. 22 (11 classes, no class 7/28)

Register for both classes and SAVE \$10!
Residents: \$100 Non-Residents: \$126

Please Note:

All participants in our adult programs must be at least 16 years of age or older, unless stated otherwise.

Zumba

Love music, love to dance? Need a workout that will keep you from getting bored and falling off the workout wagon? Then Zumba may be for you! Zumba is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body in the aerobic/fitness fashion. It's for all ages, and it's an easy and effective form of exercise. You'll enjoy this class with fun music, body firming routines, and then you'll see why Zumba has become a popular new way to exercise!



Location: All classes at Senior & Disabled Center Auditorium

Instructor: Mondays & Tuesdays: Lydia Borysiuk

Wednesdays: Keiko Broyles

Thursdays: Mary Woods

ID:	Dates	Time	Fee:
7827	Mondays, June 27 - Sept. 19 (11 classes, no class 7/4, 9/5)	4:45 - 5:30 PM	\$42 for residents \$52 for non-residents
7828	Tuesdays, July 5 - Sept. 20 (12 classes)	5:15 - 6:15 PM	\$60 for residents \$75 for non-residents
7829	Wednesdays, July 20 - Sept. 21 (10 classes)	5:25 - 6:25 PM	\$50 for residents \$62 for non-residents
7830	Thursdays, June 30 - Sept. 15 (11 classes, no class 8/25)	5:45 - 6:45 PM	\$55 for residents \$67 for non-residents

Hi/Lo Aerobics

Get moving! This fun aerobics class includes kickboxing, funk and salsa moves that will leave you feeling more energetic and healthy. Challenge yourself while building strength and endurance. Bring a set of hand weights.

Instructor: Laura Campbell

Location: Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee
7831	6:30 - 7:30 PM	Mondays, July 11 - Sept. 19 (10 classes, no class 9/5)	\$40 for residents \$50 for non-residents
7832	6:30 - 7:30 PM	Wednesdays, July 6 - Sept. 21 (12 classes)	\$48 for residents \$60 for non-residents

Register for any 2 classes and save \$5!
Residents: \$83 Non-Residents: \$105

Tone Aerobics

A great way to start your morning with this low-impact aerobics class. Emphasis is placed on strengthening and toning muscles while improving cardiovascular fitness. Participants should bring an exercise mat or towel and a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee:
7833	9:15 - 10:15 AM	Tuesdays, July 5 - Sept. 20 (11 classes, no class 8/2)	\$44 for residents \$55 for non-residents
7834	9:15 - 10:15 AM	Thursdays, July 7 - Sept. 22 (11 classes, no class 8/4)	\$44 for residents \$55 for non-residents

Register for both classes and save \$5!
Residents: \$83 Non-Residents: \$105

Zumba Toning

Zumba Toning™ – The Latin inspired dance fitness party takes it up an extra notch. If you love Zumba, then you'll absolutely love Zumba Toning! Body-sculpting techniques and specific Zumba moves are blended into one calorie-burning, strength-training class. Burn more calories than in a regular Zumba session! Participants should bring your own 1 pound weights or weighted, maraca-like Zumba Toning Sticks to enhance rhythm and build strength.

Location: Senior & Disabled Center Auditorium

Instructor: Lydia Borysiuk

ID:	Dates	Time	Fee
7835	Mondays, June 27 - Sept. 19 (11 classes, no class 7/4, 9/5)	5:30 - 6:15 PM	\$42 for residents \$52 for non-residents

Mat Pilates

Pilates is an exercise option for everyone designed to develop a strong core while maintaining loose, limber limbs. The exercises provide variations to meet the needs of different body types. The exercises strengthen the body while keeping joints mobile and flexible. You'll feel your muscles working and probably break a sweat. Please bring a yoga mat and water to every class.

BEGINNERS: Focus on the basic principles of Pilates to start strengthening core muscles (stomach, back and glutes) and improve balance and coordination between the body's limbs.

INTERMEDIATE: Continues to strengthen the core muscles by using more challenging poses that work the core muscles in more challenging positions. This class moves through the exercises at a faster pace.

Instructor: Maggie Downie
Location: Senior & Disabled Center Room A & B
Fee: Residents: \$85 / Non-Residents: \$106

ID:	Class	Time	Dates
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Wednesdays - Beginners or Intermediates

7685	Beginners	5:30-6:30 PM	Wednesdays, July 13 - Sept. 14
7686	Intermediate	6:30-7:30 PM	(10 classes)

Ball Pilates

This class offers a fun twist to typical Pilates exercises. Using a ball will still strengthen your core muscles (stomach, back and glutes) and it will also enable you to test your balance, increase your range of motion and improve flexibility. The ball can be used at any fitness level and can be incorporated into your daily routine to strengthen and lengthen your muscles even when you're not in class. While the ball is a challenge, exercising on the ball can also be playful, allowing you to feel like a kid again while getting a good workout. Wear comfortable clothes and bring a yoga mat, water and an exercise ball for your height to each class.

MIXED-LEVELS: Everyone is welcome at this class! Options for different ability levels will be provided.

Instructor: Maggie Downie
Location: Senior & Disabled Center Room A & B
Fee: Residents: \$85 / Non-Residents: \$106

ID:	Time	Dates
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Mondays - Mixed-Levels

7687	5:30-6:30 PM	Mondays, July 11 - September 19
		(10 classes, no class 9/5)

Pilates Special: Register for any two Pilates classes and save \$10
Residents: \$160! Non-residents: \$202

Yoga Classes

Discover the many benefits of yoga for yourself: decreased stress, greater flexibility, better concentration and more. Yoga is designed to draw us out of stress and anxiety and into our natural state. Find out what Yoga is all about! Sticky yoga mats are required and yoga blankets are highly recommended.

Location: Mortensen Community Center Romano Room
Instructors: Karen Sevenoff / Cynthia Wolcott



ID:	Class	Time	Dates	Fee:
7698	Mixed Levels Yoga with Karen Sevenoff	5:30 - 6:45 PM	Tuesdays, July 5 - Sept. 20 (12 classes)	\$72 for residents \$90 for non-residents
7699	Beginner Yoga with Cynthia Wolcott	5:45 - 6:55 PM	Thursdays, July 7 - Sept. 22 (12 classes)	\$72 for residents \$90 for non-residents
7700	Mixed Levels Yoga with Cynthia Wolcott	7:00 - 8:15 PM	Thursdays, July 7 - Sept. 22 (12 classes)	\$72 for residents \$90 for non-residents

Yoga Class Descriptions

Beginner Yoga

This class is tailored to the needs of the beginning yoga student. A significant amount of time will be spent teaching various pranayama (breathing techniques) and asana (postures), building from the foundation up. Non-beginners who are comfortable with a slower pace are also welcome!

Mixed Levels Yoga

This class is the right place for those wanting to explore the edges of their yoga practice a bit deeper. Though not suitable for absolute beginners, it might be the place for you if you have some familiarity with yoga postures and want to move up a level. Modifications will be shown for various levels of practitioners from advanced beginners through intermediate.



Fun-n-Fitness

An invigorating class that gets you off to the right foot. Improve stamina, strength, muscle tone and cardiovascular fitness. Bring a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

Fee: \$39 for residents / \$50 for non-residents

ID:	Time	Dates
7688	10:20 - 11:20 AM	Tuesdays, July 5 - Sept. 20 (11 classes, no class 8/2)
7689	10:20 - 11:20 AM	Thursdays, July 7 - Sept. 22 (11 classes, no class 8/4)

Register for both classes: Residents: \$73! Non-residents: \$95!

Fitness Clinics for Older Adults

Learn how to utilize the fitness equipment and safety procedures in the Fitness Center located within the Senior & Disabled Center. This class is required in order to use the Fitness Room. Must present a doctor's note when registering and be a Newington Senior & Disabled Center member.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center

Fee: \$15 for residents / \$18 for non-residents

ID:	Time	Dates
7371	11:30 - 1:30 PM	Tuesday, June 14
7690	11:30 - 1:30 PM	Tuesday, July 12
7691	11:30 - 1:30 PM	Tuesday, August 9
7692	11:30 - 1:30 PM	Tuesday, September 13

Yoga for Older Adults

This is a gentle yoga class concentrating on the basics of awareness, alignment, breathing, balance, flexibility, strengthening and stretching. A few minutes at the beginning and end of each class will be devoted to meditation. Each participant should bring a sticky mat or towel to lie on and be aware that the postures are done barefooted. This is a great class for all levels.

Instructor: Linda Leslie

Location: Senior & Disabled Center Rooms A & B

Fee: \$21 per session for residents

\$26 per session for non-residents

ID:	Time	Dates
7693	11:15 AM - 12:15 PM	Mondays, June 20 - July 18 (4 classes, no class 7/4)
7694	11:15 AM - 12:15 PM	Mondays, July 25 - August 15 (4 classes)
7695	11:15 AM - 12:15 PM	Mondays, August 22 - Sept. 19 (4 classes, no class 9/5)

Oil Painting

An instructive course aimed at improving the returning student's skills and knowledge and introducing the new student to the basic ingredients of painting. Students are instructed individually. Traditional concepts of painting will be applied to still-life, floral, landscape, seascape and wild-life. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Wearing a smock or old clothes is suggested.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: \$70 for residents

\$88 for non-residents

ID:	Time	Dates
7808	9:15 - 11:45 AM	Tuesdays, July 12 - Aug. 30 (8 classes)



Oil Painting Mini Session

A shortened version of our regular oil painting course (above), aimed at improving the returning student's skills and knowledge and introducing the new student to the basic ingredients of painting. Students are instructed individually. Traditional concepts of painting will be applied to still-life, floral, landscape, seascape and wildlife. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Wearing a smock or old clothes is suggested.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

ID:	Time	Dates	Fee
7418	9:15 - 11:45 AM	Tuesdays, June 7 - 28 (4 classes)	\$35 for residents \$44 for non-residents

T'ai Chi for Older Adults

T'ai Chi is one of the most effective exercise systems for mental and physical well-being. Emphasis is on breathing and the use of fluid, graceful and gentle movements. T'ai Chi releases tension, deepens relaxation, improves balance, increases bone density and develops muscle tone. It's gentleness is especially suitable for the elderly and people rehabilitating from illness or accident.

Instructor: Ken Zaborowski

Location: Senior & Disabled Center Auditorium

Fee: \$45 for residents / \$56 for non-residents



Instructor: Ken Zaborowski

ID:	Class	Time	Dates
7696	BEGINNER	9:00 - 9:45 AM	Mondays,
7697	INTERMEDIATE	10:00 - 10:45 AM	June 27 - Sept. 12 (no class 7/4, 9/5) (10 classes)

Want to learn more about what T'ai Chi is?
Check out Ken's website: www.white-lotus.com

Parks & Recreation Registration Info

OUR POLICY IS: "No News is Good News."

When registering by mail or fax, you will **NOT** be contacted unless a class is filled or there is a change. Please include a daytime phone number.

Convenient Ways To Register...

Fax-in: Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information. If you choose to register via fax, PLEASE call to confirm that your fax came through.

Fax to (860) 665-8739.

Mail-in: Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information or make checks payable to "Newington Parks & Recreation." **Mail to: Newington Parks & Recreation, 131 Cedar Street, Newington, CT 06111.**

Walk-in: Register in our office, which is located in the Mortensen Community Center at Town Hall, 131 Cedar Street, Newington, CT 06111.

Walk-in office hours are:

Monday – Friday, 8:30 AM – 4:30 PM.

***Drop slot may be available after hours.**

IMPORTANT INFORMATION

- A minimum of \$10 is required for all credit card transactions.
- If you are registering a **child under the age of 6** and they have not participated in our programs in the past, please include a copy of the child's birth certificate with the registration form. This is a one-time request.
- If the participant has any **medical concerns (allergies, asthma, etc.)** that we should be aware of, please list it on the registration form.
- If the participant has any **special needs** that we should be aware of, please complete and submit a special needs form to our office.
- Programs may be cancelled due to inclement weather. If the weather is inclement, please call our **Program Hotline: 860-665-8686** (after 4:30 PM) for the latest information.

Reasons to Register Early

Many classes are very popular, and our participants know that in order to get a spot, they need to register early. But there are also reasons to register early for classes that don't usually fill up. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. So, if you know you want to take a program... PLEASE REGISTER EARLY!

POLICIES & PROCEDURES

Registration is taken on a **FIRST COME - FIRST SERVED** basis. Residents may register for programs beginning Friday, May 20th, 2011. All registration forms received prior to the registration start date will be processed randomly at the end of the first day of registration. The Parks & Recreation Department will try to accommodate all registrants, but some programs fill to capacity. Please specify an alternate choice on your registration form should the original class you choose be filled. The Parks & Recreation Department reserves the right to **cancel programs because of insufficient registrations** or causes beyond its control.

Non-Residents

Non-residents are eligible to register for programs if there are openings beginning Friday, June 3rd, 2011. Non-residents pay an additional fee for most programs and should call for program availability prior to registering. Some programs (including swim lessons, pool passes, playgrounds/camps and others) are not available for non-residents.

Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible.

Americans with Disabilities Act

The Newington Parks and Recreation Dept. does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register.

The Newington Parks and Recreation Dept. is complying with the Americans with Disabilities Act (ADA), Public Law 101336. The law addresses issues of accessibility of facilities & programs. Provisions of reasonable program modifications will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

Refunds

Newington Parks and Recreation does not issue refunds once you have registered for a program, unless there is an injury or illness which prohibits active participation in the program and is documented by a physician. No refunds will be issued without a completed Refund Request Form accompanied by a doctor's note. Contact our office for a Refund Request Form. If a refund is granted, the amount will be pro-rated to reflect the number of classes remaining from the date the refund request form was submitted. A \$5.00 processing fee will also be deducted from any refund issued.

Contact Us:

Phone:

Voice: 860-665-8666
Fax: 860-665-8739
Hotline: 860-665-8686

At the Office:

Monday - Friday
8:30 a.m. - 4:30 p.m.
131 Cedar Street
Newington Town Hall
Mortensen Community Center

On the Web:

www.NewingtonCT.gov

New Registration Information

The following changes to our registration policies are now in effect:

- Registration is accepted by fax, mail or in-person only.
- **We no longer accept phone registrations.**
- **Registration start dates have been implemented** to give all participants an equal opportunity to get into our programs. See front cover for registration dates.

